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STOMPIN' HIS WAY TO GLORY

HIS SONGS ABOUT CANADA CHRONICLED EVERYTHING FROM BUD THE SPUD TO A SUDBURY SATURDAY NIGHT. STOMPIN' TOM CONNORS DIES AT 77 PAGE 6

Chief Roger Redman of the Standing Buffalo First Nation, during the War of 1812 Recognition Ceremony at Rideau Hall in Ottawa in October 2012, where he was presented with a commemorative War of 1812 medal and banner. The Canadian Taxpayers Federation has given Redman its 15th annual national Teddy award for wasteful government spending. FRED CHARTRAND/THE CANADIAN PRESS

Chief's alleged waste makes haste for Teddy

Award for sloppy spending. Leader of struggling Sask. First Nation took home more after-tax income last year than PM

A Saskatchewan First Nation chief who earns more than the prime minister has won the dubious distinction of an award given annually for wasteful use of taxpayer dollars.

The Canadian Taxpayers Federation has named Standing Buffalo First Nation Chief Roger Redman as the recipient of the 15th annual national Teddy award.

Redman, whose reserve is home to 443 people, took home more after-tax income last year than Stephen Harper, who earned more than $317,000 in 2011, the federation told a news conference Wednesday.

As well, each of Redman's councillors earns more than the premier of Saskatchewan.

The Teddy awards are intended to shine a spotlight on corruption and waste in government at every level, said Gregory Thomas, the federation's national director.

"It's enough to bring you to tears sometimes, these greedy scheming politicians," Thomas said. "Once a year we can all have a laugh about it, and more importantly, about them."

The Standing Buffalo First Nation, which is approximately 70 kilometres northeast of Regina, is struggling to maintain social services for its members due to a lack of money, putting Redman's salary squarely in the spotlight.

When band members gathered in January to impeach the chief, he padlocked the band office and community centre and confiscated the band's chequebook.

Redman and band elders are currently embroiled in a legal battle over elections that have been called for March 16.

A senate of elders was forced to hold nominations for the election last month out in the cold because the locks had been changed on the band's community centre. That centre and the band's offices remained shuttered on Wednesday.

Redman, who has maintained that the elections are illegal, could not be reached for comment.

THE CANADIAN PRESS

The original Ted

The Teddy awards are named for Ted Weatherill, a former Canada Labour Relations Board chairman who was fired in 1999 after submitting a litany of questionable expenses, including a $700 lunch for two.

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Activist defies SCC ruling with anti-abortion protest

Bill Whatcott. A local truck driver fought back against a recent Supreme Court of Canada ruling by staging a campaign on the U of Regina campus

ROSS ROMANIUK
rossromaniuk@metronews.ca

Despite a recent Supreme Court of Canada ruling against him, social conservative activist Bill Whatcott took his controversial anti-gay and anti-abortion campaign on Wednesday to the University of Regina.

Whatcott caused a stir among students who walked past him and his large, graphic signs with grotesque images of post-abortion fetuses — pictures that compared them to dead victims of the Holocaust.

"That's a surgical abortion," Whatcott, a former nurse, said of a picture on a board he carried.

"People tell me I'm crazy for taking this stand. I say a society that does that to their children is crazy."

The Weyburn resident's demonstration — alongside supporter Tracey Sparrowhawk, who also held a sign with an image of a fetus — defied last week's high court decision that he had violated Saskatchewan's human-rights code when distributing two flyers denouncing homosexuality years ago.

Though his lawyer has told him any further such activities could lead to a contempt of court charge, Whatcott — currently a truck driver in the oil industry — insisted that the "dishonest" ruling won't stop him from spreading his messages.

Bill Whatcott protests abortion, while Jamie Mason, right, and another young woman try to block their message and pictures. ROSS ROMANIUK/METRO

"It's a ruling that has to be defied, " he said.

One young woman made a profane hand gesture toward him, and student Jamie Mason used a sweater to try to block any view of his sign from others.

"He's being completely hurtful to a whole group of people," Mason said. "People who have had abortions, or who believe God should be the only one to make judgments."

The high court's 6-0 ruling also found Whatcott had done no wrong with two other flyers.

Sask. NDP leadership hopeful focuses on economy

MLA Trent Wotherspoon speaks at an Idle No More protest.
JEFF MACKEY/ METRO FILE PHOTO

In-depth look

3

Part three of our three-part series profiling the candidates in the local NDP race

While he may be competing for the leadership of the provincial NDP, Regina MLA Trent Wotherspoon says he has the whole province in mind while on the campaign trail.

"What we clearly need to do as a party is reach out and become relevant once again and be strong and in touch with communities and people all across Saskatchewan," said Wotherspoon.

He says the long campaign for leader of the NDP, and by extension leader of the opposition in Saskatchewan, has been encouraging.

"What I look forward to doing if I am granted the privilege of serving as leader is immediately hit the ground running uniting the strengths of our candidates and teams," said Wotherspoon. But he says he won't stop there. "We must reach out to the entire province so that we can be that progressive force that we need to be."

He hopes to engage the rest of the province by creating a desirable alternative to the Saskatchewan Party for Saskatchewan people.

"We need to make sure that we have a strong plan for economic development," said Wotherspoon. "But that this economic development is delivered to ensure that it improves the lives of the Saskatchewan people."

When asked what his favourite aspect of Saskatchewan is, Wotherspoon immediately thought of the outdoors.

"I absolutely love our province," said Wotherspoon. "But what maybe trumps my love of our natural assets and the outdoors would certainly be the people of Saskatchewan and the stories of our communities."

The NDP will select its new leader at a convention this Saturday.

JEFF MACKEY/METRO

University of Regina holds first academic council in 2 decades

Concern and anxiety. Faculty discusses how to deal with upcoming three per cent cuts

JEFF MACKEY
jeff.mackey@metronews.ca

The University of Regina's faculty met for an academic council on Wednesday for the first time in more than 20 years. The faculty discussed how best to deal with the three per cent cuts the administration is asking of university departments.

The meeting was a passionate, town-hall style discussion over how the university could best move forward. Discontent from faculty over the cuts and what was at one point called "administrative bloat" in the university were the main points of conversation.

"There is a lot of anxiety on this campus," said University of Regina President and Vice-Chancellor Vianne Timmons. "We have had a lot of changes on campus, and what I hear today from faculty is a lot of concern about the speed we are going."

While the meeting was public, only a handful of student representatives were allowed to speak and media were barred from recording the event.

"I think this was excellent meeting of council," said Timmons. "It is wonderful to get all the faculty and student reps together to communicate and express their views."

Changes recommended by the university council included a limited hiring and raise freeze pending an external review of all finances as well as the creation of a faculty budget committee that will provide recommendations to the president of the university.

University of Regina President and Vice-Chancellor Vianne Timmons addresses media after Wednesday's Academic Council. JEFF MACKEY/METRO

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Time running out to volunteer for Juno Awards

Anyone wanting to lend a hand for southern Saskatchewan's Juno Awards will have to act fast if they want to volunteer.

A stream of people have signed on since organizers put out the call for help in Regina and Moose Jaw weeks ago, despite a $25 fee for each to take part. About 550 of them are ready to go.

"We're looking for probably another 50 or 100," Mike MacNaughton, chairman of the Regina Juno Awards host committee, said Wednesday.

"If they want to get on, they had better come really fast. They can drop down to SaskMusic and get signed up."

SaskMusic will take volunteer registrations for the next few days — but likely not beyond that.

"We could always use more," MacNaughton said at the SaskMusic offices on Dewdney Avenue. "But they've got to go now."

Those signing on could end up manning any of a variety of posts for Juno Fest, the week-long celebration of Canadian music beginning April 15 in advance of the glitzy, star-studded, nationally televised awards show at Brandt Centre on April 21.

According to MacNaughton, the $25 fee for volunteer apparel is fairly common today.

"Most of the sporting events do that now," he said. "It's pretty much the way it's done."

The complete list of Juno Awards events will be announced March 19.

ROSS ROMANIUK/METRO

Juno Award planning continues at the SaskMusic offices. ROSS ROMANIUK/METRO

Prep work

Before getting started, applicants will have to:

- Undergo a criminal-record check
- Get a photograph taken
- Pay $25 for volunteer apparel

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True icon. Stompin' Tom leaves final message to fans just before his death

Canadian country-folk legend Stompin' Tom Connors, whose toe-tapping musical spirit and fierce patriotism established him as one of Canada's strongest cultural icons, has died. He was 77.

Connors passed away Wednesday from what a spokesperson described as "natural causes."

Brian Edwards said the musician, rarely seen without his signature black cowboy hat and stomping cowboy boots, knew his health was declining and had penned a message for his fans a few days before his death.

In the message posted on his website, Connors says Canada kept him "inspired with its beauty, character, and spirit, driving me to keep marching on and devoted to sing about its people and places that make Canada the greatest country in the world."

Connors is survived by his wife, Lena, two sons, two daughters and several grandchildren.

THE CANADIAN PRESS

Stompin' Tom Connors died Wednesday. DARREN CALABRESE/THE CANADIAN PRESS FILE

Who'd kill a 'nice' couple?

'Senseless' deaths in Florida. Multiple suspects hunted in murder of Canadians enjoying their retirement together

Murder victims: Rochelle Wise and David Pichosky had no enemies, Florida police say. COURTESY SUN SENTINEL

More grim details emerged Wednesday about the "senseless" homicide of a "nice" Canadian couple in Florida that has left police mystified.

Rochelle Wise, 66, and David Pichosky, 71, were killed by asphyxiation in their winter home in Hallandale Beach, police say.

But why?

They had no enemies and likely didn't know their killers, police say.

Investigators believe they are looking for multiple suspects, but haven't been able to figure out any motive.

"As the details come out I believe the public will be shocked just to know how senseless this murder was," said police Chief Dwayne Flournoy.

"It angers me that someone came into this home and killed these two people who, (from) what we've been able to identify ... have no enemies.

"They were nice people. They were enjoying their retirement.

"They were enjoying their new marriage."

Family and friends are appealing for people to come forward with information.

Crime Stoppers USA is offering a $51,000 reward — most of it coming from an anonymous donor.

Police have received fewer than 100 tips and though the force is dedicating all the resources it can to the case, they still need more information, said Flournoy — who appealed directly to people who may be involved but are "less culpable."

"We just need that one break or that one piece to the puzzle so that we can fill it all in,'' Flournoy said.

Wise's son Jamie said she had "worked hard her whole life and finally found love."

THE CANADIAN PRESS

Quoted

"Just help us get an end to this."

Pearl Gladman, a friend, appealing for information.

A supporter of Venezuela's late president Hugo Chavez holds a picture of him above a crowd waiting for Chavez's coffin to be taken from the hospital, where he died on Tuesday, to a military academy where it will remain until his funeral in Caracas.
RICARDO MAZALAN/THE ASSOCIATED PRESS

Chavez mourned by tearful supporters

Venezuela. Tens of thousands line the streets of Caracas, mourning the death of their influential leader

A flag-draped coffin carrying the body of the late Venezuelan president Hugo Chavez floated over a sea of supporters on Wednesday on its way to a military academy where it will lie in state. Away from the procession route, jittery Venezuelans facing an uncertain future without their larger-than-life leader flocked to supermarkets and gas stations to stock up on supplies, preparing for the worst a day after Chavez succumbed to cancer.

Tens of thousands lined the streets or walked with the casket in the capital, many weeping as the body approached, led by a grim drum major. Other mourners pumped their fists and held aloft images of the late president, amid countless waving yellow, blue and red Venezuelan flags. "The fight goes on! Chavez lives!" the mourners shouted in unison, many through eyes red from crying late into the night.
THE ASSOCIATED PRESS

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F-35s. Jet's blind spot could cost pilots lives: U.S. Defense Department

The F-35 jet, eyed as Canada's fighter of the future, may have a fatal flaw — a blind spot that prevents pilots from "checking their six" or easily watching for an enemy behind them, a new report says.

Experienced fighter pilots who have flown the high-tech aircraft say the design shortfall could cost future F-35 pilots their lives.

"Aft visibility will get the pilot gunned every time," wrote one American pilot, who flew the fighter last fall at Florida's Eglin Air Force Base.

"The head rest is too large and will impede aft visibility and survivability during surface and air engagements," wrote another.

Their comments are contained in a recent assessment prepared by the U.S. Defense Department of the F-35A and the system to train new pilots how to fly it.

The Feb. 15, 2013, report, prepared by Michael Gilmore, director of operational test and evaluation, paints a sobering picture of an aircraft that remains far from being combat ready. Pilots who flew the aircraft last fall faced a litany of "significant" restrictions that barred them from flying at night, in bad weather, in formation with other aircraft, doing aerobatics or testing the jet's combat capabilities.

"As a result of the immaturity of the F-35A, student pilots were limited in flight maneuvering to very basic aircraft handling," the report said.

"The aircraft is still very immature; utility of available training is limited."

TORSTAR NEWS SERVICE

Canadian pilot

Despite the report's concerns, one Canadian remains bullish on the jet's abilities. Billy Flynn, a former CF-18 pilot and squadron commander, is now an F-35 test pilot and says the jet is better than anything he's flown.

Alcohol one of the top health threats to Canadians: Report

The report notes seven of 10 provinces meet only 50 per cent of their full potential on advertising policy, and suggests a simple solution: Shift the "focus of provincial liquor board websites away from product promotion" and towards a "health-focused" message. RICHARD LAUTENS/TORSTAR NEWS SERVICE

Drinking costs. CAMH research estimates booze translates to $14.6-billion burden on health care and law enforcement services

It's a sobering nationwide report with a stark conclusion: Alcohol is one of the greatest public health threats in Canada. And the provinces are not doing enough to curb its deadly potential.

The report, Strategies to Reduce Alcohol-Related Harms and Costs in Canada: A Comparison of Provincial Policies, was published Wednesday by the Centre for Addiction and Mental Health.

Lead author Norman Giesbrecht, a senior scientist at CAMH, said it is mind-boggling how lax harm-reduction policies are across the country.

Giesbrecht's report, which notes 80 per cent of Canadians drink, ranks provinces on 10 key harm-reduction policies, including pricing, availability, marketing, legal drinking age and warning labels.

Ontario came first, Quebec ranked last, and Giesbrecht was disappointed with each province's score — Ontario's first-place ranking only reached 56 per cent of a perfect score.

"There's lots of room for improvement," he said. "Alcohol does not get a lot of attention in regards to prevention."

TORSTAR NEWS SERVICE

A growing problem

Giesbrecht says the lack of attention to the problem of alcohol runs contrary to statistics: Alcohol accounted for eight per cent of all deaths (under 70 years old) and seven per cent of all hospital stays in 2002, and between 1996 and 2010, total consumption increased by 13 per cent.

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Goodbye, swirly B: Bay gets rebranded

Modern makeover. Retailer will now be called Hudson's Bay and use updated logo

Top, the groovy, decades-old Bay logo recognizable to all Canadians is being replaced by the more modern and streamlined version shown underneath. The retailer will now be known as Hudson's Bay instead of The Bay. HBC

The Bay is going back to its roots under a plan to rebrand its operations with a different name and new logo. The department store retailer says it will now be called Hudson's Bay, a nod to its parent company.

A refreshed logo uses the company's name in a simple type face. The full version resurrects its corporate coat of arms, which features a shield and cross, as well as beavers, a fox and two elk.

A spokeswoman for the company says the rest of the rebranding effort will roll out over time. The new logo already has been incorporated into the company's loyalty program, which will now be called Hudson's Bay Rewards.

The retailer called the reworking of its brand "a marriage between yesterday's history and tomorrow's vision."

Plans are to gradually take down The Bay signs at its retail locations, though it doesn't have a timeline for the changes. The parent company will maintain its logo of a flag with the letters "HBC" — for Hudson's Bay Company.

Hudson's Bay says this is its first major logo change since 1965. THE CANADIAN PRESS

Shell shock. Taco Bell fans hot over Cool Ranch delay

Some Taco Bell fans in the U.S. are angry after they couldn't get their hands on the chain's new tacos made with Cool Ranch Doritos shells a day early.

The fast-food chain had announced this week that it would release its highly anticipated Cool Ranch Doritos Locos Tacos in the U.S. on Wednesday, a day earlier than planned.

But then some fans began posting on the chain's Facebook page complaining their local restaurants didn't have them yet. They said they were told by local employees that the tacos wouldn't be available until Thursday.

"VERY disappointed!" one fan wrote. "Boo to you," wrote another. One fan posted a letter to the chain online, detailing how he and a friend made a trip to their local Taco Bell after midnight Wednesday to get their first taste of the new tacos. He said they ended up getting the regular Doritos Locos Tacos because they were "basically committed anyway."

Taco Bell, which is owned by Yum Brands Inc. of Louisville, Ky., apologized in a statement and said it was humbled by the overwhelming response.

The chain said it wanted to assure fans that Cool Ranch Doritos Locos Tacos will be available nationwide Thursday. It also said it was working to have all participating restaurants honour the early release for the remainder of Wednesday. THE ASSOCIATED PRESS

Taco Bell's Cool Ranch Doritos Locos Tacos were supposed to launch Wednesday in the U.S. TACOBELL.COM/SCREEN GRAB

Policy intentions. BoC signals low interest rates will be around a while

The Bank of Canada is hinting it is less concerned about household debt levels, making it possible to keep attractive interest rates in place longer to spur investment and economic growth.

As expected, the central bank kept its overnight policy rate at one per cent on Wednesday, the level that has been in place for about two and a half years to ease Canada's recovery from the 2008-2009 global financial meltdown.

But the bank also signalled a mild change in its thinking by softening its closely followed forward-looking guidance on rate hikes, suggesting it now expects the current rate to remain in place longer than it had previously expected.

The bank's governing council cited continued slack in the economy and the extremely low inflation rate as reasons for keeping the interest rate where it is, and the healthier outlook for household finances and debt as alleviating some of the pressure to raise rates. THE CANADIAN PRESS

Quoted

"I think the bank made it just a little more explicit that they see rates going nowhere any time soon. I think this pretty well locks in the view that there won't be any rate hikes in 2013."

Doug Porter, chief economist with BMO Capital Markets

Market Minute

DOLLAR 96.95¢ (- 0.33¢)

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Natural gas: $3.48 (-5¢)
Dow Jones: 14,296.24 (+42.47)

Landmark penalty

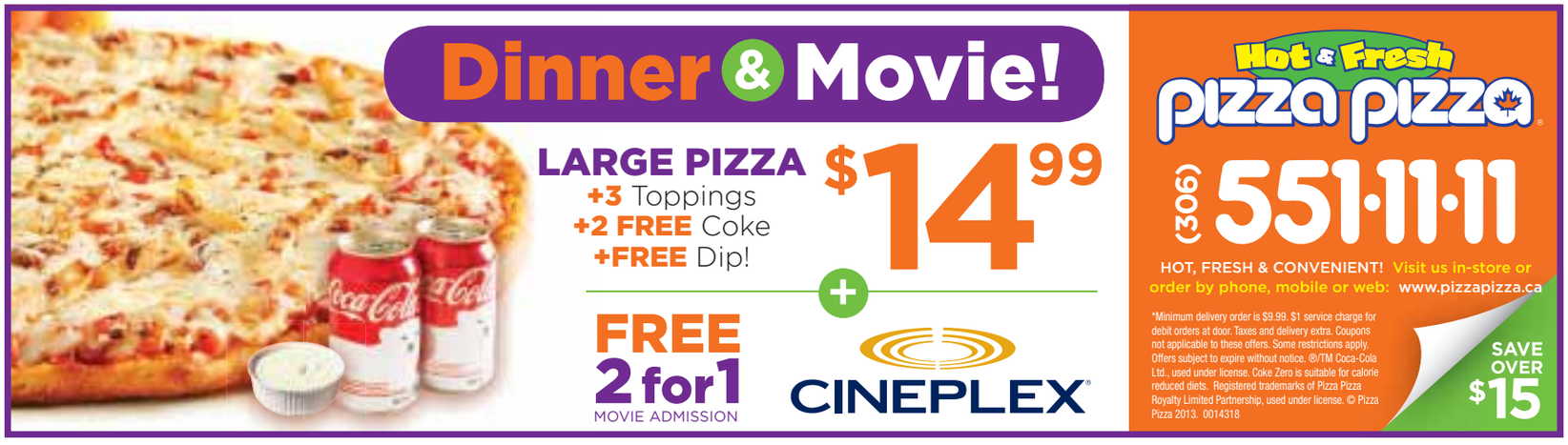
EU fines Microsoft for breaking pledge

The EU has fined Microsoft about $750 million for breaking a pledge to offer personal computer users a choice of Internet browsers when they install the company's flagship Windows operating system. The penalty imposed by the EU's executive arm, the Commission, is a first for Brussels: no company has ever failed to keep its end of a bargain with EU authorities before. THE ASSOCIATED PRESS

World markets

Dow's record high boosts confidence

The Dow's new all-time high and better economic data from the U.S. propelled world markets Wednesday, with European stocks hitting a four-year high. Investors are cheered by major central banks' commitments to keep supporting growth in the world's biggest economies. That's helped them look past political trouble in Washington, where budget cuts took effect last week. THE ASSOCIATED PRESS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WHOOPS! I'M ONLY SORT OF SORRY

HE SAYS

John Mazerolle
metronews.ca

I'm sorry I've never said sorry.

'Sorry' has always seemed to be the hardest word, but in 2013 I've seen the error in my thinking. Between bracelet aficionado Lance Armstrong, football coach Rob Ford, and anti-shirt activist Justin Bieber, I see now that 'sorry' is the quickest, easiest path to redemption.

Whether you say 'sorry' on Twitter, to Oprah or at a staged media event, you can take your dirty laundry and stuff it in the hamper of history, even if it never actually comes clean.

You'll notice I never said that these men apologized. I only noted that they said the word 'sorry.' There's a difference.

As I understand it, perhaps naively, an apology involves admitting you were wrong, offering no excuses, and owning your mistake.

Cyclist Armstrong appeared with Oprah and said 'sorry' for using performance-enhancing drugs but also said he never considered it cheating. Oprah, a.k.a. Pope No. 3, still offered absolution and said Armstrong could be "a hero again."

Toronto Mayor Rob Ford, when it looked like he might lose his job, said he was sorry "to everyone who believes I should have done this differently." That's sincere in its half-heartedness, at least, though it's hard to fit on a Hallmark card.

And singer Bieber had to apologize for taking the stage at a London concert at 10:30 p.m., which is past his fan base's bedtime. It's a minor transgression to be sure, but the fact he tweeted that "there is no excuse for that" while blaming "technical issues" in the same bird-breath has me assuming he's begun the inevitable downward spiral of a teenage pop star and in eight years will look just like Keith Richards.

Seeing that I can say 'sorry' for my misdeeds without the pain of any emotional heavy-lifting has inspired me to step up. I'm going to follow the example set by these three wise men, and soon I'll be sorry, too.

Here goes.

I'd like to say 'sorry' to my mother for stealing her Chatelaines and Redbooks when I was 11 years old so that I might peruse them for lingerie ads and illustrated guides to breastfeeding. I'd also like to say 'sorry' to the teenage boys who found my magazine stash in the woods and, after an initial flush of excitement, loomed gravely over the pages, looking sad and whispering aloud, "Why would anyone DO this?"

With your permission, ladies and gents, I'd like to be a hero again.

Furthermore, I'd like to say 'sorry' for the times that I have dropped a half-full cup of coffee into a mall garbage can because I'd been too lazy to find a sink. I apologize sincerely to anyone who thinks I possibly could have done this differently, though I frankly don't see how.

I also apologize for when I do it in the future.

Finally, I'm sorry that I have coveted my neighbour's ox. Like, a lot. There's no excuse for that, but I've had some technical difficulties.

Phew! Wow, that really works. I feel better!

Maybe you need to say sorry, too? Perhaps you have a hard time apologizing?

Well, I challenge you to step forward and see how it feels to sort-of, kind-of, in-a-way apologize. After all, you're better safe than sorry.

No wait.

ZOOM

Look, ma: I'm upside down

Canopy reflects wharf's heritage

The crowds appear to walk upside down but on closer inspection this surreal sight is of a giant mirrored canopy.

Recently unveiled in Marseille, France, the Vieux Port pavilion —constructed by architectural firm Foster + Partners — is made of a highly polished stainless steel covering, designed to reflect the city's UNESCO World Heritage-listed harbour.

"At last in Marseille, when you are with your children, you can take in the city's hustle and bustle — without the shopping," Gaëlle, a Marseillaise who came with her two daughters, told the newspaper Le Monde.

The cost of the project, which took one year to construct, amounted to $60.3 million, sources say.

METRO WORLD NEWS

Mirror image

"It's quite literally a reflection of its surroundings — its lightweight steel structure is a minimal intervention and appears as a simple silver line on the horizon."

Spencer de Grey, head of design, Foster + Partners

See for yourself

"Our approach has been to work with the climate, to create shade, but at the same time to respect the space of the harbour — just making it better."

Lord Norman Foster, British architect and head of architectural firm Foster + Partners

Clickbait

Reddit is the reigning champ of the Internet's thriving time-sink industry, providing daily bumper crops of cat pics and Good Guy Greg memes. This week, there's the irresistible Absurd Business Insider Headline Hall of Fame.

1. Nudity, Drunken Stupidity And A 'Jerk-Of-A 'Friend' May Cost A Startup Founder His Acquisition
2. A Guy With A Pirate Fetish is Selling His Insane Caribbean Mansion For $35M
3. You Are Directly Related To This Rat
4. Horses Cure Internet Porn Addiction In South Korea
5. Science Explains Why It Hurts So Much To Get Hit In The Balls

Letters

RE: Thanks for the Mammaries, published March 5

I think it's really important that the issues raised by Jessica Napier be widely read and I can't think of a better place than a free, widely available and distributed community newspaper like Metro. I hope Jessica's frank and direct writing allows others to see how insane and damaging it is to focus so much attention on mere body parts.

Jesse Kelly, London, Ont.

Twitter

@metropicks asked: What makes a "real hipster"?

@theunshakable1: Hipster: someone who spends more money on one outfit than I do on my entire wardrobe just to appear homeless without a care.

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
Send us your comments: reginaletters@metronews.ca

metro

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The Born Ruffians will be playing The Exchange on March 26. VANESSA HEINS/CONTRIBUTED

Born Ruffians refine their sound

Birthmarks. Canadian rockers' new album shows a growing studio savvy

BACKSTAGE PASS
JEFF MACKEY
jeff.mackey@metronews.ca

The Born Ruffians spent the past year fine-tuning their new album, Birthmarks, and they can't wait to hit the road with the new material.

"It has been a couple years since we have done solid touring," said band frontman Luke Lalonde. "We are just excited to be back in that mode of playing shows every night and playing new stuff too."

With this tour, Lalonde will get a chance to play a bunch of very new, very different material. Though Birthmarks will not be released until April 16, the tour starts March 19 and will include The Exchange in Regina on March 26.

Touring a new record before fans get a chance to hear it is a bit of a risk, but the Born Ruffians are looking forward to the challenge.

"The best time for me is when the new songs are really new, when they could fall off the rails at any minute. I know what to expect, I know that if people don't know the songs that they won't really react to them — you can't really take that too personally," said Lalonde.

"If I go and see a new band that I really like and they play a new song I will probably just stand and listen to it, even if I really like it," he added. "I obviously won't be singing along or jumping around because I've never heard it before and I just kinda want to listen."

Lalonde hopes that pre-tour rehearsing, a healthy amount of older material as well as the strength of the new material will keep the shows lively.

Birthmarks signals a distinct change to the Born Ruffians sound. It's bigger and complemented by more production.

"It was definitely a conscious decision to make it a studio record in more aspects than we have ever done before," said Lalonde. "I was just really craving to do a record where you could get into the details and make the sound you want."

And he's excited to test out this new sound in Regina.

See and hear

- The Born Ruffians will play The Exchange on March 26.
- The band's new album, Birthmarks, will be released on April 16.

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The Word

Jones was wasted when she made out with Miley's fiancé: Source

THE WORD
Dorothy Robinson
scene@metronews.ca

Rumours have been swirling around Miley Cyrus' fiancé Liam Hemsworth and Mad Men star January Jones getting "hot and heavy" at a pre-Oscar party at the Chateau Marmont in February and now Life & Style has additional dirt on the illicit hook-up.

"They went to a private house party, and right in the middle of the party, January was clinging to Liam, saying, 'You're so handsome,'" a guest reveals in the new issue of Life & Style. "He kept saying, 'We can't do this here.' Then they left holding hands and went out in the hallway and were making out. She was wasted. It wasn't good."

For their part, the magazine has pictures of the two stars riding in a car together on the night in question. "When it comes to men, January just goes for it," another source tells the magazine. "She doesn't seem to care if they're with someone or not. It's like a challenge for her, a game."

As challenges go, drunkenly making out with Liam Hemsworth seems like an easy one. What about climbing Mount Kilimanjaro? Or staying off of Facebook for an entire week? Those are actual challenges, January.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Bizarre accusations: One of Gaga's fans claims Madonna encouraged gay men to have unprotected sex during the height of the AIDS crisis.

Little monster alleges Madonna helped spread AIDS

Lady Gaga's fans are continuing the singer's feud with Madonna whether she wants them to or not, this time even accusing the Material Girl singer of helping the spread of AIDS. In a post on the Gaga fan blog Little Monster Artpop, a Gaga fan criticizes the Gay and Lesbian Alliance Against Defamation (GLAAD) for picking Madonna to present an award to Anderson Cooper at their awards ceremony next week. "Back in the 1980s, she encouraged gay men to have unprotected sex," read the post.

Which circle of hell will Tina Fey end up in for her Golden Globes jab, Taylor Swift wonders. ALL PHOTOS GETTY IMAGES

Taylor Swift can't take a joke

Taylor Swift is making some powerful enemies. She responded to Amy Poehler and Tina Fey's joke at her expense at January's Golden Globes ceremony. "You know, Katie Couric is one of my favourite people," Swift tells Vanity Fair. "She said to me she had heard a quote that she loved that said, 'There's a special place in hell for women who don't help other women.'" While Fey expressed surprise at Swift's annoyance, Poehler has a response of her own: "Aw, I feel bad if she was upset," Poehler tells the Hollywood Reporter. "I am a feminist and she is a young and talented girl. That being said, I do agree I am going to hell. But for other reasons. Mostly boring tax stuff."

Gay rumours partly me: Franco

James Franco is willing to admit he's at least partially responsible for any speculation about whether he's gay or straight. "One of the things that's very much part of my public image is the question of my sexuality," he tells Attitude magazine. "It's not something that bothers me in the slightest. ... It's partly my doing and partly not my doing." But what he's really interested in is a high-profile actor coming out of the closet. "If there's somebody that was well-respected and very secure with their career, I could see it happening in a very positive way."

OLD IDEAS WORLD TOUR
2013
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New York Times, December 2012
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Variety, November 2012
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Vogue (UK), September 2012
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Landing smoothly and stylishly on the runway

Run Tilda, run.
Model Tilda Lindstam reveals her beauty tricks for fighting sugar cravings, skin breakouts and bloat

RICHARD PECKETT
life@metronews.ca

It's fashion month and the going is tough for the world's most sought-after models. How do you keep yourself feeling healthy and looking hot during this exciting but exhausting time?

"I drink a lot of green juices. I like anything with spinach, kale, celery, ginger and lemon. I can't handle too much dairy during the shows because I'm lactose intolerant. It makes me feel bloated and it's bad for my skin.

"I love Lindt Sea Salt chocolate, but I had to give it up. Sweet food gives me a massive sugar rush, which is inevitably followed by a crash.

"So during the shows, I'll snack on macadamia or brazil nuts and green apples if I need an energy boost."

1 run = 1 cheeseburger

"I do so much walking during casting season that I don't have time to workout. If I have time I go for a run, but that doesn't happen very often — maybe once every two months. And then I indulge in a cheeseburger."

Staying clear of rashes and breakouts

In 2012, this Swedish beauty walked more spring runways than any other model – 68 in total. HANDOUT

"I clean my face after every single show. I bring my own Chanel eye makeup remover because I'm sensitive to the MAC one that they use backstage.

It gives me rashes and a red face! And there's not much you can do about a blemish but cover it up with concealer and drink as much water as possible to clear your skin out."

NYC to London to Milan to Paris

"I get really puffy when I fly. But drinking coconut water and taking vitamin C seems to help. I also use a cooling eye mask the morning of a show if my face is still a bit swollen."

Tilda's top 5 fashion week essentials

Rosebud Perfume Co. Smith's Rosebud Salve

"I love this!"
sephora.com

MAC Studio Finish SPF 35 Concealer

"I don't really wear makeup. This is basically all I use."
maccosmetics.com

Dermalogica: clearing skin wash and active moist moisturizer

"I have very sensitive skin and Dermalogica works really well for me."
dermalogica.com

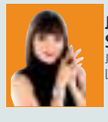
YSL Rouge Pur Couture the Mats in Rouge Rock

"If I'm going out, I keep my makeup simple. I don't wear any eyeshadow, just a dark red YSL lipstick."
yslbeautyus.com

Chanel: Démaquillant Yeux Intense, gentle bi-phase eye makeup remover

"I take my makeup off after each show."
chanel.com

Twitter



JEANNE SPACE
Jeanne Beker
life@metronews.ca

IN THIS HECTIC MODERN WORLD, TWITTER HAS BECOME A COOL AND SUCCINCT WAY OF COMMUNICATING. IT ALLOWS ME TO BE ACCESSIBLE, INSTANTLY SPEAK MY MIND AND CONNECTS ME WITH ALL KINDS OF PEOPLE. WHETHER IT'S A FASHION QUESTION OR YOU JUST WANT TO COMMENT ON LIFE'S BIGGER PICTURE, I'D LOVE TO HEAR FROM YOU.

@Jeanne_Beker: What's the best way to psych yourself to get back into the work mode? My vacation's coming to an end. :(

@PiperGilles: finding a new project to work on :)

@maryjanestitt: Only @Jeanne_Beker can look so elegant as she tweets aboard a catamaran hurtling through space!

@Jeanne_Beker: From where I LIE... Cruising the Pacific on a Sunday afternoon!

@Jeanne_Beker: Living the good life, in Costa Rica!

The Kit

Canadian street style

Spotted in: Toronto

Madison

Actress

Age: 24

What she's wearing
Vintage hat, Karen Walker sunglasses, Armani vintage jacket, vintage shirt, Roots sweater, Alexander Wang bag, Wilfred pants and Miista shoes.

THE KIT PHOTOBLOGGER: KAYLA ROCCA, KAYLAROCCAPHOTOGRAPHY.COM

THE KIT IS A MULTI-PLATFORM BEAUTY AND FASHION BRAND WHICH INCLUDES AN INTERACTIVE MAGAZINE AND DYNAMIC APP, A WEBSITE, KIT CHAT – AN E-NEWSLETTER PROGRAM – AND A WEEKLY NEWSPAPER SECTION TOO!

Cookbook of the Week

An English tradition

Inspired by the fine cuisine served at the fictional Downton Abbey and other grand English country houses at the turn of the 20th century, this book combines food, history and healthy eating.

Included are 220 recipes and colour photos that provide suggestions for entertaining at brunch, afternoon tea, cocktails and dinner. In addition, there is a selection of recipes to host a traditional garden party, and to celebrate English holidays throughout the year. METRO

Steady diet of Downton Abbey

Cookbook cooking. Latest season of the show recently wrapped so to hold you over, try this inspired recipe

A roast chicken can be elegant to serve. This is a great recipe for beginners as it uses lemons to help keep the chicken moist and flavourful, Pamela Foster writes in her book Abbey Cooks Entertain.

Try not to knock it on the floor as Mrs. Patmore famously did in Season 1 of Downton Abbey, but if you do, just dust it off and carry on.

1. Clean and prepare root veg. Roughly chop into large chunks. Place in a roasting pan with a grill rack. Pour a little olive oil over vegetables, add garlic and toss in fresh herbs.

2. Remove any giblets from chicken cavity and wipe down chicken with paper towels. Rub with oil, salt and pepper. You can also rub it with other dried herbs (rosemary, thyme, herbes de Provence).

Roasted Chicken

This recipe serves three. THE CANADIAN PRESS H/O

3. Gently separate breast skin from meat on each side with your finger. Insert lemon slices and fresh herbs which will help flavour the bird. Lemon does a great job of moisturizing the chicken from the inside out. Depending on the size of the chicken, either cut the second lemon in half, or prick lemon all over and stuff it into the cavity. Tuck wings under the back, but there's no need to truss it (tie the legs together). Place, uncovered, in a 190 C (375 F) oven.

4. As a general rule, calculate a cooking time of 20 minutes per 500 g (1 lb) of meat. The temperature of the chicken needs to reach 74 to 77 C (165 to 170 F) when a meat thermometer is placed in the thickest part of the meat, avoiding any bones. If you don't have a thermometer, the juices should run clear when you poke into the thigh.

5. When chicken is cooked, let it rest for 20 minutes to let juices settle into meat. If you cut it too soon, you will see all the flavour on your cutting board. Remove from roasting pan, cover with tinfoil and get your table setting ready. Carve chicken and serve with roasted vegetables. THE CANADIAN PRESS/ ABBEY COOKS ENTERTAIN BY PAMELA FOSTER (PAMELA POWERED INC., 2012)

Ingredients

- Each 3 carrots, 3 parsnips, 3 potatoes, 1 onion
- Extra-virgin olive oil
- 2 garlic cloves
- Fresh herbs: rosemary, sage, thyme, flat-leaf parsley
- 1 whole chicken (1.5 kg/3 lb)
- Kosher salt and pepper
- Dried herbs of your choice (optional)
- 2 lemons (one thinly sliced)

Cook live with Vikram Vij

Last-minute grocery list

Winning chef in Vancouver and Metro want to help you find time for family meals. Our mission starts in the form of Canada's first live online cooking show to air today at 6 p.m. ET at metronews.ca/vij-cooklive.

If you still haven't downloaded the grocery list, we've got you covered.

Vij Family's Chicken Curry

- 1/2 cup canola oil
- 2 cups finely chopped onions (2 large)
- 3-inch stick of cinnamon
- 3 tbsp finely chopped garlic
- 2 tbsp chopped ginger
- 2 cups chopped tomatoes (2 large)
- 1 tbsp salt
- 1/2 tsp ground black pepper
- 1 tsp turmeric
- 1 tbsp ground cumin
- 1 tbsp ground coriander
- 1 tbsp garam masala
- 1/2 tsp ground cayenne pepper
- 3 lbs chicken thighs, bone in
- 1 cup sour cream, stirred
- 2 cups water
- 1/2 cup chopped cilantro (including stems)

Cumin Basmati Rice

- 2 cups basmati rice
- 3 cups cold water for soaking
- 1/4 cup canola oil
- 1 tbsp cumin seeds
- 1 cup finely chopped onions (1 medium-large)
- 3 3/4 cups water for cooking

- **Have a question?** They can be tweeted live during the show using the hashtag #vijcooklive.
- **Online.** Remember to visit metronews.ca/vij-cooklive today at 6 p.m. ET for Canada's first live online cooking show.

Appy. Asparagus Salad with Saffron Vinaigrette

This classic salad was served in first class on the Titanic, and to the servants at a special occasion in Season 3 of Downton Abbey.

1. Snap off woody ends of asparagus at a natural breaking point. Save ends for stock pot.

2. In pot of boiling water, cook asparagus spears 5 minutes or until tender but not limp. Drain and run spears under cold water until cooled. Drain and set aside while you prepare dressing.

3. In bowl, stir saffron into 5 ml (1 tsp) boiling water. Let stand 2 minutes or until saffron softens. Stir in vinegar, mustard and sugar. Whisk in olive oil. Season mixture with salt and pepper. Add asparagus and diced pepper and toss gently to coat with vinaigrette.

4. Line a platter with salad greens and arrange asparagus mixture decoratively on top. THE CANADIAN PRESS/ ABBEY COOKS ENTERTAIN BY PAMELA FOSTER (PAMELA POWERED INC., 2012)

Ingredients

- 500 g (1 lb) asparagus
- 1 ml (1/4 tsp) saffron threads
- 22 ml (1 1/2 tbsp) white wine vinegar
- 2 ml (1/2 tsp) Dijon-style mustard
- Pinch of sugar
- 45 ml (3 tbsp) extra-virgin olive oil
- Salt and pepper, to taste
- 1/2 sweet red pepper, diced
- Salad greens, for garnish

Just the sweet stuff

Charlotte Russe is a French dessert made with ladyfingers and filled with a fruit-flavoured cream filling set with gelatin, a favourite ingredient in Edwardian cookery.

The show-stopper has made the odd cameo appearance on Downton Abbey.

In Season 3, Ethel, who formerly worked at Downton Abbey and fell on hard times, is retained as Isobel Crawley's housemaid. When Mrs. Bird, the cook, quit, Ethel had to cook as well. She got some help from Mrs. Patmore to create the simple Russe.

1. Clean and set out 4 to 6 individual charlotte moulds. No moulds? Improvise with large soup cans, both ends removed.

Ingredients

- 25 ml (5 tsp) gelatin powder
- 175 ml (3/4 cup) sugar or sugar substitute, divided
- 500 ml (2 cups) strawberry purée (about 300 ml/1 1/4 cups strawberries, mashed), divided
- 375 ml (1 1/2 cups) whipping cream, whipped soft
- 375 ml (1 1/2 cups) non-fat plain yogurt, plus extra for garnish
- Ladyfingers
- 250 to 500 ml (1 to 2 cups) sliced berries

Strawberry Chocolate Russe

This recipe serves four to six. THE CANADIAN PRESS HANDOUT

2. In bowl, mix gelatin powder with 30 ml (2 tbsp) of the sugar. In a saucepan, warm 250 ml (1 cup) of strawberry purée with remaining sugar. Mix gelatin-sugar mixture into warm strawberry purée, mixing well to prevent any lumps from forming. Add in remaining strawberry purée and let mix cool.

3. Fold in one-third of whipped cream and then remaining whipped cream and yogurt.

4. Carefully trim ladyfingers into 7.5-cm (3-inch) lengths. Ends can be used in the base. Stand ladyfingers on end with rounded side out and rounded edge up, and carefully line inside of each mould, ensuring there are no gaps. Place scrap pieces inside to create base.

5. Gently pour or spoon filling into moulds. If desired, you could add a layer of chopped sliced berries in the middle and then add more filling to the top.

6. Refrigerate charlotte for at least 3 or 4 hours. Filling will be solid so you should be able to easily, but gently, wiggle the mould away from the charlotte. Garnish with fresh berries and a dollop of non-fat strained yogurt. THE CANADIAN PRESS/ ABBEY COOKS ENTERTAIN BY PAMELA FOSTER (PAMELA POWERED INC., 2012)

Seasonal designer deals

Throughout the year sales are almost guaranteed when clearing out old stock and bringing in new items. But knowing exactly when old stock is being discounted is the key to saving money on large ticket items. Everyone knows the best time to buy a winter coat is at the end of winter, and buying a snowmobile in the middle of summer can get you the best deal. But what about those home-related items we all need? Here's a list of some big savings you should expect over the next month or two.

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Chinaware and flatware

Spring is when new tabletop designs are introduced (just in time for June weddings). Older china and flatware patterns go on sale to make room for the new stuff. **Tip:** If you have a great collection already, look for pieces to complete your set on sale. If investing in new tableware, keep the colours neutral so that the look stays current for a long time.

Perfume

The two biggest times for perfume sales is Valentine's Day and Mother's Day, so those in-between months is when perfume companies love to have promotions. **Tip:** Perfume keeps for a very long time. Consider buying as Christmas gifts.

Luggage

Many travel throughout the summer and just before that time is when new luggage styles are introduced. Look to the early spring for retailers clearing out old styles. **Tip:** The full set deals are the most economical. Shop with a friend and split up the set.

Vacuum cleaners

Spring cleaning time starts in April and retailers are making room for their new models. **Tip:** Look for vacuums that are smaller, lightweight and quieter.

Televisions

The biggest time for television sales is the fall and early winter. After Christmas there isn't much promise for selling televisions as we start thinking about spring/summer activities, so retailers are trying to get rid of the 2012/early 2013 models. **Tip:** Buy your television ahead of a family room renovation and keep it boxed until the reno is finished.

Cookware

Not a lot of pot/pan sales happen until fall, when retailers often have great incentives to purchase full sets. **Tip:** Fall is a great time to purchase some as a wedding gift or for a second set for a cottage and buying a full 10-piece boxed set will usually offer up the best value overall.

"Off-season" shopping

1. Do your research. When it comes to technology, things move quickly. Find out what features will be new in 2013 and see if any of them may have been introduced on last year's models.
2. Buy in full sets. Whether it be buying luggage, china, bedding or cookware, purchasing the entire set will generally reap larger savings overall.
3. Keep things neutral. A simpler colour will tend to last a lot longer than last year's trendiest colour.
4. Buy ahead of the game. Purchasing perfume for a friend's future birthday gift, tableware as a wedding gift or a television prior to your renovation will allow you to save money on something you inevitably would be buying anyway.

Houses & condos

April is when most homes get listed for sale. That means the best selection and often the best competitive prices you will see. If you wait until the summer months you will find either the less desirable homes that haven't sold yet or a very limited choice on the market. Tip: Don't under estimate the potential of a less expensive place and adding some custom upgrades yourself. You'll then have exactly what you wanted without spending any more money.

Stock-up and Save on all your Spring Cleaning essentials!
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Zehrs MARKETS
valu-mart
independent
Atlantic superstore
provigo
Real Canadian Superstore
big on fresh, low on price!
SaveEasy
so quick, so good!
FORTINOS
Your Supermarket with a heart!
Tide
Cascade
All in 1 / Tout en 1
febreze
Bounty
Charmin
Ultra Soft
Mr. Clean
M. Net
DISINFECTANT
DÉSINFECTANT

Canada's Jameson Taillon throws before an exhibition spring training baseball game against the Milwaukee Brewers on Tuesday. MORRY GASH/THE ASSOCIATED PRESS

Taillon not fazed by early American test

WBC. Canada's young ace will face powerhouse to the south this Sunday

The burden of expectation should probably weigh more heavily on a young pitcher being groomed for stardom.

Jameson Taillon is the highest-drafted Canadian in major-league history after being taken second overall — one spot behind Washington Nationals star Bryce Harper — in 2010. He's the pitcher the Pittsburgh Pirates hope will one day anchor their starting rotation.

He's also Canada's wild card at the World Baseball Classic.

Taillon will start against the United States on Sunday, a strategy Canada hopes will surprise its powerful rival in the same way Adam Loewen did when he held the U.S. scoreless in an 8-6 win in 2006. Taillon's being asked to give Canada a chance against all-star hitters such as Ryan Braun, David Wright and Giancarlo Stanton.

No sweat. Taillon can't wait.

"I wouldn't say it's intimidating," said Taillon. "For me, I've really got nothing to lose. Those guys are five-, six-, 10-time all-stars, so I'm just going to go out there and have some fun with it, see what I can do."

Any fear Taillon might have felt was wiped away last Thursday during his first spring training start for the Pirates against the Boston Red Sox, when he gave up one unearned run and one hit with three strikeouts through two innings.

"I'm out there facing, I don't even remember who it was, it was a big leaguer," he said. "And I was sitting there and I was like, 'Man, how am I going to get this guy out? I watched him on TV. How am I going to get him out?' It worked out well for me, but I think getting that experience out of the way, I'll be fine going into this."

THE CANADIAN PRESS

Young hope

At 21, Jameson Taillon is the youngest player on the Canadian team.

- Born in Winter Haven, Fla., to Canadian parents, Taillon grew up in the U.S. The six-foot-six, 225-pound right hander holds dual citizenship and played for USA Baseball as a junior.

MMA

Shields picked to fight The Chosen One at UFC 161

Former Strikeforce champion Jake Shields will face highly rated welterweight Tyron "The Chosen One" Woodley at UFC 161 in Winnipeg on June 16.

Heavyweight Pat "HD" Barry, meanwhile, will take on former LSU fullback Shawn "The Savage" Jordan.

THE CANADIAN PRESS

MLB spring training

Hunter homers as Tigers top Jays

Torii Hunter hit his first home run with the Detroit Tigers, Justin Verlander allowed one hit in four innings and the Detroit Tigers beat the Toronto Blue Jays 4-1 on Wednesday.

Brandon Morrow started for Toronto and allowed one unearned run in two innings while striking out three.

THE ASSOCIATED PRESS

MLB

Teixeira latest injured Yankee

Mark Teixeira is going to be out at least until early May with a strained right wrist tendon, the latest major injury setback for the New York Yankees.

Teixeira was hurt swinging a bat Tuesday in an indoor cage during pregame warm-ups with the U.S. WBC team. Yankees doctors in New York on Wednesday predicted he will miss eight to 10 weeks. THE ASSOCIATED PRESS

Curlers keeping things warm on ice

Northern Ontario skip Brad Jacobs warms up prior to a match at the Brier in Edmonton on Monday. THE CANADIAN PRESS

Pre-game routines at the Canadian men's curling championship now resemble a yoga class.

There's less standing around leaning on brooms these days and more contorting on the carpet surrounding the ice at Rexall Place.

There are exercise bikes underneath the stands that the curlers use to get the blood flowing before they start stretching.

"There's a lot more science in the game," said Manitoba third Jon Mead, whose rink sat at 5-1 after Wednesday's afternoon draw.

"Guys are in way better shape than they used to be and that comes with good physical habits and that includes stretching before and after workouts, never mind before and after games.

"Guys absolutely do things much more scientifically because they understand how to get their bodies ready leading up to a competition and during a competition for sure."

Curling puts unusual demands on the body. The athletes drop into a lunge several times a day not just at the Tim Hortons Brier, but over the course of a season. That requires both strength and flexibility in hips and knees. And who sweeps their floor that hard?

"We're getting in a pretty unnatural position in our slide and the guys are doing a pretty unnatural thing in sweeping," said Newfoundland and Labrador skip Brad Gushue, who won his seventh in a row to open the Brier against the Northwest Territories on Wednesday.

"You could really hurt yourself if you don't do that warm up, especially with the amount we practise and throw."

THE CANADIAN PRESS

Quoted

"I'd pull a muscle for sure.... I used to do it in junior all the time."

Ontario lead Craig Savill on the importance of warming up before a curling match

See today's answers at metronews.ca/answers.

Horoscopes

♈ Aries
March 21 - April 20
Don't worry too much if your thoughts take you in directions you would not want to admit to in public. Think before you turn thoughts into deeds though.

♉ Taurus
April 21 - May 21
Someone you meet today will instantly attract you. It could be the start of a life-long friendship or even a passionate romantic liaison. Either way it's going to be a lot of fun — and that's good.

♊ Gemini
May 22 - June 21
You may be tempted to tell the world your plans but with Mercury, your ruler, still moving retrograde that might not be such a good idea. Only let those you really trust know what you are up to.

♋ Cancer
June 22 - July 23
You will see some strange things today but don't take any of it seriously. Maintain a detached attitude, even though there may be times when you want to bang a few heads together.

♌ Leo
July 24 - Aug. 23
There is no telling what spur-of-the-moment decisions you will make over the next 24 hours, but you will certainly do something out of the ordinary. Try though to look ahead and see what the consequences might be.

♍ Virgo
Aug. 24 - Sept. 23
You could easily impose your will on other people today but is that such a good idea? A little bit of thought should help you see that if you come on too strong you'll lose.

♎ Libra
Sept. 24 - Oct. 23
Do you let your heart rule your head today? It might be a smart idea as with mind planet Mercury still moving retrograde your thoughts may be all over the place. What does your inner voice tell you?

♏ Scorpio
Oct. 24 - Nov. 22
There is no point trying to coerce people whose worldview is completely different to your own. All that does is make them oppose you even more. Accept that you see things differently.

♐ Sagittarius
Nov. 23 - Dec. 21
There is a danger that you will bounce back and forth between two extremes today. It may not bother you much but it could turn important people against you, so think before you act.

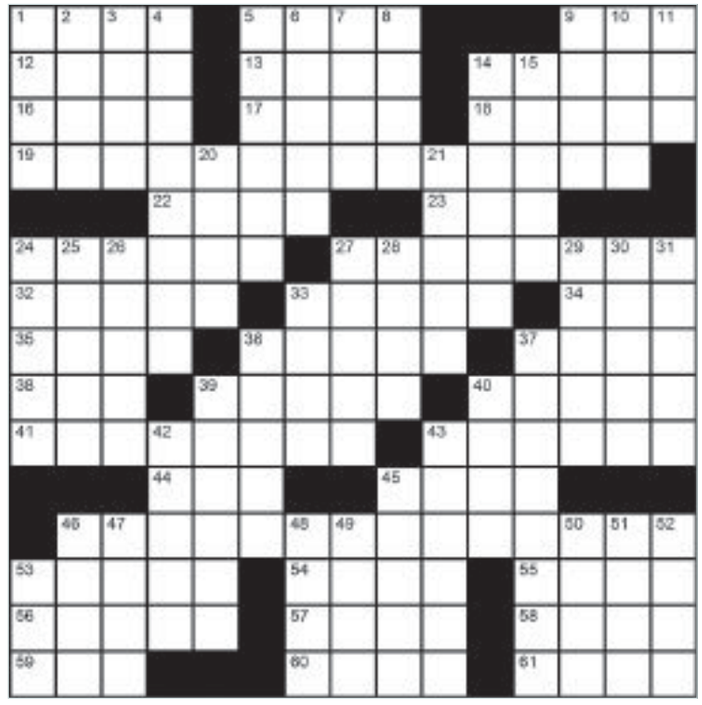
♑ Capricorn
Dec. 22 - Jan. 20
Even if you disagree strongly with what loved ones are up to right now, you are advised to gloss over the fact and stay on good terms. It gives you a bargaining chip for later.

♒ Aquarius
Jan. 21 - Feb. 19
Feelings will be running high today and you may wish you could switch off the world. So why don't you? While everyone else is busy arguing you can sneak off.

♓ Pisces
Feb. 20 - March 20
A relationship may be going through a tough time but don't give up on it. Love planet Venus in your sign links to both Saturn and Pluto today, which means you are nowhere near the end of the road yet. SALLY BROMPTON

Crossword: Canada Across and Down

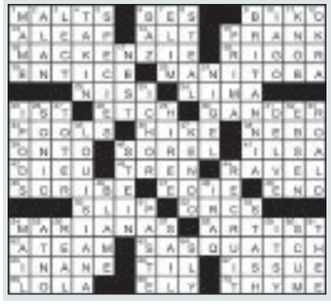
BY KELLY ANN BUCHANAN



Across
1. Eddie Cochran's "__ Everybody"
5. Fuel additives at Indy
9. Gore and Biden, e.g.
12. Two notes to follow Do
13. Road type
14. Town __ (News-giver of yore)
16. __ instant (Quickly): 2 wds.
17. Toward shelter (Sailing term)
18. Moms of cousins
19. "Break It to Them Gently" singer/songwriter: 2 wds.
22. Hosp. readouts
23. Mr. Garfunkel
24. Purple dinosaur
27. Vancouver-born actor Ryan
32. "She's _ __" by Tom Jones
33. Shoe parts
34. Cool, retro-style
35. Intl. alliance created in 1949
36. "You've Got Mail" recipient
37. Ceremonial staff
38. Nice summer?
39. Gwyneth's "Shakespeare in Love" (1998) role
40. Stone worker
41. Sittings
43. Actor Mr. Depardieu
44. 'Mich' add-on (Mr. Douglas)
45. Very: French
46. "The Safety Dance" group: 3 wds.
53. Potato pancake
54. 1994 Pulp album: __ '_' Hers
55. Actress Jessica
56. "Drive __" by The Beatles: 2 wds.
57. Don't give _ __ (Care less)
58. TV producer Norman
59. Refusals
60. Telegram
61. Ms. Flynn Boyle

Down
1. House, hip-style
2. Restaurant dish lister
3. Actor Mr. Epps
4. Big name in video games
5. Like 'groovy' for 'great'
6. Powders
7. Tire: French
8. Appear
9. Actor Mr. Rhames
10. Dogs and cats
11. Lon Chaney and Douglas Fairbanks, e.g., to their sons
14. Terrier dogs from Scotland
15. "__ __ You" by Bryan Adams
20. __-dokey
21. Singer/guitarist John
24. Scourges
25. Having wings
26. Appraises
27. Breadbasket items
28. Zeno of __ (Ancient Greek philosopher)
29. __ Apso (Dog from Tibet)
30. Designer's talent
31. Fork out
33. Shortly
36. Garlic sauce
37. Amanda __ ("Let It Rain" singer from Toronto)
39. TV show fan
40. "__ the Parents" (2000)
42. Coffee brand
43. '90s music genre
45. "__ __, with Love" (1967)
46. Deli dressing
47. And so on, plurally [abbr.]
48. Get out the freeze
49. __-__ (Sound system)
50. Epithet for Athena
51. Skier's up-the-slopes ride
52. Ms. Gilbert
53. K-O link

Yesterday's Crossword



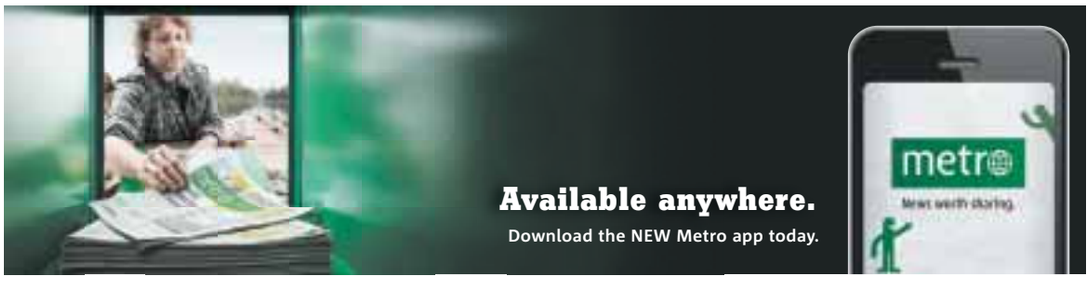
Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	4	8				9	1	
			1		5			
7	2			6			4	5
		5	3		4	6		
4								3
		3	2		7	1		
9	5			7			3	1
			8		2			
	7	4				2	6	

Yesterday's Sudoku

1	8	7	2	3	5	4	6	9
9	2	3	1	4	6	5	8	7
5	6	4	8	7	9	3	1	2
2	7	8	5	1	4	6	9	3
3	9	1	6	8	7	2	4	5
6	4	5	9	2	3	1	7	8
4	5	2	7	6	8	9	3	1
7	3	9	4	5	1	8	2	6
8	1	6	3	9	2	7	5	4



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